

INSTRUCTIONS TO AUTHORS**Editorial Mission**

Professional Strength and Conditioning is the professional journal for members of the United Kingdom Strength and Conditioning Association (UKSCA). Its two major aims are to enhance the profession of strength and conditioning in the UK, and to provide UKSCA members with a professional journal that reflects the highest standards of research and applied practice in the profession. It aims to achieve this by providing its members with a range of articles that expand and develop knowledge in all areas pertinent to the strength and conditioning professional, providing the most accurate and up to date information available. A range of articles will be included in each issue that include practical applications of previously published peer-reviewed research findings, the practical knowledge gained by experienced professionals and primary research findings together with their application.

Editorial Scope

The Journal is published quarterly with issues in the spring, summer, autumn and winter of each calendar year. The journal publishes a mix of full-length articles and columns, together with short news items that inform members of UKSCA activities.

Manuscript Submission and Format

Authors should submit manuscripts and all attachments to the editor at the UKSCA office (ian@uksca.org.uk).

Articles should generally be 2-4,000 words in length, and focus on a specific topic relevant to strength and conditioning professionals.

Articles should be in Microsoft word format, (10-12 typed, double spaced pages, using a standard font) Tables and pictures should either included in the text, or provided separately as attachments. Where separated, their position in the main text should be clearly marked. Please ensure the pictures are of the highest quality possible, our preferred is minimum 300dpi.

Authors should include a title page, and brief overview of the article. This should be of between 30 – 100 words, and should highlight the aim of the article, along with any key terms introduced.

Authors submitting their first document also need to submit a separate author information document that should include a brief bio, contact information and photo. This is then kept on record and used in any subsequent publications. It is the author's responsibility to inform the UKSCA office of any changes to their details.

UK Strength & Conditioning Association

SAMPLE BRIEF BIO: Ian Jeffreys MSc, ASCC, CSCS*D, NSCA-CPT*D, NSCA Coach Practitioner, is a senior lecturer in strength and conditioning at the University of Glamorgan, and the Proprietor and Performance Director of All-Pro Performance. He is the Strength and Conditioning advisor to the WSRU Under 16 national team. He is a board member, assessor and tutor with the UKSCA, and was the NSCA High School Professional of the Year in 2006

References

Articles submitted to Professional Strength and Conditioning should be appropriately referenced, both within the text and summatively in the Reference List. The accuracy of references used is the responsibility of the author. Where possible, reference should reflect the primary source of evidence rather than secondary sources.

All references should be placed in alphabetical order by the surname of the lead author. All authors should be listed in the reference list and et al should not be used. Multiple texts by the same authors are listed chronologically, then alphabetically.

Numbers should then be assigned to each reference. Parenthetical numbers in the text [(3); (4, 5)] should correspond to the numbered alphabetical reference list. Each reference listed must be cited in the text

Book

1. Stone, M.H., Stone, M.E., and Sands, W. Principles and Practice of Resistance Training. Champaign Ill: Human Kinetics. 2007 pp 35-38.

Authors are advised to add page numbers wherever possible to references from books.

Chapter of a Book

2. Epley, B. Developing a policies and procedures manual. In Essentials of Strength Training and Conditioning. T. R Baechle and R.W Earle Eds. Champaign, IL: Human Kinetics, 2000. pp. 567-585.

Journal Article

3. Gabbett, T, Kelly, J. and Pezet, T. Relationship between physical fitness and playing ability in rugby league. Journal of Strength and Conditioning Research, 21(4): 1126–1133. 2007.

Report/Review

4. Wolstencroft E (ED) Talent Identification and Development : An Academic review. Edinburgh: Sportscotland. 2002.

Conference/Symposium Proceedings

5. Simaros, G. Energy usage during a football match. Proceedings of the 1st International Congress of Sports Medicine Applied to Football (ed L. Vechiet) Vol II. Rome: D Guannilo. 1980 pp795 -801

Citations should be from published proceedings with an ISBN or ISSN number, and should include page numbers.

References from Electronic Sources

These should be limited as much as possible and may not be accepted in the editing process. The editor reserves the right to refuse all electronic references that do not meet the standards of the journal. In general, only sites from the following sources will be accepted.

1. Refereed Online Journal
2. Government Resource
3. Major Non-Profit Professional Organization

Editorial process

Professional Strength and Conditioning has an editorial board that reflects the highest standards of practice and research in strength and conditioning. This aims to ensure that all accepted articles reflect the highest professional practice in the industry. Following submission, articles will be allocated to a lead editor, and if needed a sub editor) who will review the article and report back to the editor on their decision. This decision will then be passed to the lead author.

The lead author will then be responsible for making any required alterations to the text, and will need to enclose a document outlining all changes made, together with any supporting comments that address the editor's remarks. Where the authors wish not to make advised changes, this must be supported by a clear rationale and supporting data.

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